

# Vegetarians: Some of the World's Most Dynamic People

Think before you eat and consider joining the millions of people, including these iconic figures, who've opted to live and let live by being vegetarian. Whether it's out of respect for animals or concern for your health or the environment, there are countless reasons to embrace a healthful meat-free diet.

Visit [PETA.org](http://PETA.org) for more info and recipes, or call 1-888-VEG-FOOD.



**PETA**

PEOPLE FOR THE ETHICAL  
TREATMENT OF ANIMALS

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